



Sunguarding Sport

Sunguarding Sport is a **NEW** campaign, supported by leading sport and outdoor recreational organisations who understand the importance of sun protection.

WHY SPORT?

Sports people experience high levels of UV exposure and routinely exceed the recommended exposure limits, increasing their risk of skin cancer. Other factors include:

- Time of day spent active
- Lack of shade
- Sweating/rubbing off product
- Minimal and compromised clothing
- Focus on activity not protection
- Application barriers such as a greasy grip/feel
- Environmental factors such as snow, water, altitude, and sun reflective surfaces

Our guidelines and sport specific tips & advice will raise awareness of how and why to protect, educate on the risks, and help build better habits.

TAKE ACTION



Participants or spectators

Visit our website, update your knowledge and share with others.



Clubs and groups

Download and display our materials, and share with your members to keep everyone informed.



Learn about

- | | |
|-----------------------|----------------|
| ✓ Heatstroke | ✓ Shade |
| ✓ Sunburn | ✓ UV radiation |
| ✓ Protective clothing | ✓ Vitamin D |
| ✓ Hydration | ✓ Skin cancer |
| ✓ Sunscreen | ✓ Your skin |



Five top tips:

- 1 UV radiation cannot be seen or felt, so check the UV Index daily, and use sun protection when it reads 3 or over.
- 2 A short training session can last for hours, so get into the habit of being sun prepared before you start any outdoor activity.
- 3 Sunscreen can wear, wash, rub or sweat off, so reapply every two hours or more often when around water.
- 4 To avoid a greasy grip use a sunscreen applicator or clean palms with a small towel and alcohol gel.
- 5 When removing clothing on a warm day, remember to apply sunscreen to all newly exposed areas of skin.



SUNGUARDS

If you work in sport in any capacity and would like to help us raise awareness of sun protection in sport, why not apply to become a Sunguard ambassador? From providing case studies, quotes, videos or speaking at events, your support is vital. Simply provide us with your details and reason for involvement, and we will be in touch.

Visit: www.melanoma-fund.co.uk/sunguarding-sport-become-a-sunguard

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